

Coping Card

What are my warning signs?

(e.g. sad thoughts or feelings; behaviour – social withdrawal; physical symptoms – sleep problems)

What skills can I learn to lower my distress?

(e.g. breathing exercises, progressive muscle relaxation, meditation, create hope kit, visit: sunnybrook.ca/copingcard)

What can give my life meaning?

(e.g. people, places, activities, values, dreams)

How can I distract myself?

(e.g. listen to music, watch TV/movie, play with a pet, exercise, journaling)

Remember to check your environment and make sure it is safe. Stay away from objects or people that could put you at risk. For example if you have an alcohol problem, avoid having it in your home.






My Messages of Hope


Create a positive affirmation that will shift you toward positive thinking. Start with “I am” or “I can” and use the present tense. (e.g. I am likeable, I will get through this).



Coping Card

Who can I call for distraction?

 _____

 _____  _____

 _____

 _____  _____

Who do I trust to share my distress and ask for help?

 _____


 _____  _____



 _____


 _____  _____



Who can I contact in my expert support system?


(e.g. family doctor, therapist, psychiatrist)



 _____

 _____  _____

 _____

 _____  _____

 _____

 _____  _____

Who will I share my coping card with?

 _____

 _____  _____

Other Crisis Resources:

Crisis Response (pick your selection(s))

911/ my local emergency department

Gerstein Crisis Centre: 416-929-5200

Crisis Response Team - North York, Etobicoke: 416-498-0043

Crisis Response Team – York Region: 310-2673 (no area code needed when dialing in York Region)

Distress Line (pick your selection(s))

National Distress Line: 1-833-456-4566

Toronto Distress Centre: 416-408-4357

ConnexOntario Mental Health Helpline: 1-866-531-2600

Telehealth Ontario: 1-866-797-0000

Assaulted Women's helpline: 416-863-0511

Distress Line (pick your selection(s))

Male Survivors of Sexual Violence: 1-866-887-0015

Kids Help Phone: 1-800-668-6868

Good2Talk (Ontario post-secondary student helpline): 1-866-925-5454

Sexual Assault/Domestic Violence Care Centre: 416-323-6040

Peer Support (pick your selection(s))

Warm line (through Progress Place): 416-960-9276

Krasman Centre Warm Line: 1-888-777-9276

Mood Disorders Association of Ontario: 1-866-363-MOOD (6663)

 **Sunnybrook**
HEALTH SCIENCES CENTRE
Bayview Campus
2075 Bayview Avenue,
Toronto, Ontario M4N 3M5
Tel: 416-480-6100 sunnybrook.ca

Fully affiliated with the University of Toronto



Created in partnership with Hope + Me